

Fit-N-Fun Lesson Plans

BREAK-THE-FAST

Audience: Families with children ages 3 through 5 years

Objectives:

- Participants will learn the connection between eating a healthy breakfast for energy and health, and physical activity.
- Participants will learn how to engage in physically active play together.
- Encourage participants to select an activity from the Fit WIC Activity Book to try at home.

Time: ~15 minutes

Materials:

- Fit WIC Activities book and kit
- Fit WIC display board with Activity Pyramid
- Optional materials:
 - Book: Pancakes, Pancakes
 - Handout: Break-the-Fast!
 - Recipe for Healthy Granola

Lesson Plan:

1. Welcome, Introduction (1 minute)
 - a. Introduce self and welcome participants to Fit-N-Fun Playtime!
 - b. Briefly state the purpose and length of Fit-N-Fun activity.
2. Warm Up Activity (2 minutes)
 - a. "Tell us your name and your favorite breakfast food?" "Tell us your favorite game when you were a child?"
3. Discussion Points (5 minutes)
 - a. "Feeling good means eating breakfast every day and doing activities together as a family. Today we are going to talk about the importance of breakfast then do some Fit-N-Fun Activities. Our bodies need exercise/activity as much as they need breakfast!"

b. "Think about your child and breakfast. What kinds of breakfast foods do they like? Do they like to eat breakfast every day? Are there some breakfast foods they don't like?"

c. "Breakfast is the most important meal of the day. It literally means to 'break the fast' from supper the night before. Children need the calories (energy) from breakfast to start the day right. Physical activity also makes our bodies strong and healthy."

d. "Make sure you and your children have breakfast every day to provide you with the energy you need to play every day."

e. Reaction statements: "I have some statements I'd like to get your reaction to. The first one is: 'Very few children are involved in active play for 60 minutes or more every day.' "What/how does this statement make you think and feel?"

The second statement is: 'WIC recommends that adults get at least 30 minutes and children at least 60 minutes of physical activity every day.' "What/how does this statement make you think and feel?"

4. Fit-N-Fun Activity (5 minutes)

a. Choose the following activities from the Fit WIC Activities book to conduct with caregivers & children:

- Climb Over, Creep Crawl Through (p.27)
- Roll Like A Log, Tumble Like a Weed (p. 27)
- Back Rock (p. 28)

5. Closing & Take home message (3 minutes)

- a. Give Fit WIC Activities book and kit to participants to take home.
- b. Have participants choose an activity from the Fit WIC Activities book to do at home.
- c. Give supplemental educational materials (may include recipes, children's book, fact sheet).
- d. Feel good by eating breakfast and playing every day.

Break-the-Fast!

Breakfast is the most important meal of the day. Just think about it, you finish supper at 6 PM and wake up at 6 am - that's 12 hours without eating. If you don't have breakfast and wait until lunch at noontime, that's another 6 hours without eating for a total of 18 hours without food. Your gas tank is running on empty! Children especially need to eat breakfast because they need the energy to function at day care, Head Start or just at home.

So, fuel up for the day and have some breakfast. It doesn't have to be fancy, either. Just choose from the MyPyramid food groups for a well-balanced breakfast. Below are some examples of healthy breakfasts:

- Low-fat milk, Cheerios, orange juice, whole-wheat toast.
- Peanut butter sandwich with banana, low-fat milk.
- Toasted frozen waffle, maple syrup, low-fat milk, $\frac{1}{2}$ orange.
- Healthy granola, low-fat yogurt, apple slices.

Healthy Granola

Makes 6 (1/2 cup serving)

3 cups oats

$\frac{1}{4}$ cup walnuts (chopped)

1 teaspoon oil

2 Tablespoons honey

$\frac{1}{4}$ cup raisins

Set oven to 350 degrees. Place oats on a cookie sheet (spread out over the sheet) and toast for 15 - 20 minutes, stirring once or twice. Take out of oven and mix in the remaining ingredients except raisins. Bake for another 30 minutes. Remove from oven, transfer into a bowl and add raisins.

Eat by the handful, over low-fat yogurt, or on your favorite cereal.

Nutrition information per 1/2 cup serving: 110 calories, 2 grams protein, 2 grams fat, 22 grams carbohydrate, 105 milligrams sodium, 0 milligram cholesterol.